Leeds Sleep Evaluation Questionnaire (LSEQ)

Purpose A 10-item, subjective, self-report measure, the LSEQ was designed to assess changes in sleep quality over the course of a psychopharmacological treatment intervention. The scale evaluates four domains: ease of initiating sleep, quality of sleep, ease of waking, and behavior following wakefulness.

Population for Testing Developers initially validated the LSEQ with individuals aged 18–49 years [1]. The scale is available in a wide range of languages.

Administration The scale is a self-report, paper-and-pencil measure requiring between 5 and 10 min for completion.

Reliability and Validity A psychometric evaluation conducted by Parrott and Hindmarch [1] revealed the four-factor structure of the scale. The "initiating sleep" and the "quality of sleep" factors were correlated with one another, while the "awakening from sleep" and the "behavior following wakefulness" factors were also correlated.

Obtaining a Copy A copy of the questionnaire can be found in the original article published by developers [1].

Direct correspondence to:
A.C. Parrott
Department of Psychology,
University of Leeds
Leeds LS2 9JT, UK

Scoring A visual analogue scale, the LSEQ requires respondents to place marks on a group of 10-cm lines representing the changes they have experienced in a variety of symptoms since beginning treatment. Lines extend between extremes like "more difficult than usual" and "easier than usual" (item 6, querying ease of waking). Responses are measured using a 100-mm scale and are then averaged to provide a score for each domain. These can then be used to evaluate the efficacy and sleep-related side effects of a drug treatment.

Leeds Sleep Evaluation Questionnaire

How would you describe the way you currently fall asleep in comparison to usual?

1. More difficult than usual	—————————————	Easier than usual
2. Slower than usual	—————————————	More quickly than usual
3. I feel less sleepy than usual	—————————————	More sleepy than usual

GTS – getting to sleep

How would you describe the quality of your sleep compared to normal sleep?

4. More restless than usual	—————————————	Calmer than usual
5. With more wakeful periods than usual	—————————————	With less wakeful periods than usual

QOS – quality of sleep

How would you describe your awakenings in comparison to usual?

6. More difficult than usual	—————————————	Easier than usual
7. Requires a period of time longer than usual	—————————————	Shorter than usual

AFS – Awake following sleep

How do you feel when you wake up?

8. Tired	—————————————	Alert

How do you feel now?

9. Tired	—————————————	Alert

BFW - Behaviour Following Wakening

How would you describe your balance and co-ordination upon awakening?

10. More disrupted than usual	—————————————	Less disrupted than than usual

Parrott and Hindmarch [1]. © Cambridge Journals, reproduced with permission.

Reference

1. Parrott, A. C., & Hindmarch, I. (1978). Factor analysis of a sleep evaluation questionnaire. *Psychological Medicine, 8*(2), 325–329.

Representative Studies Using Scale

Luthringer, R., Staner, L., Noel, N., Muze, M., Gassmann-Mayer, C., Talluri, K., Cleton, A., Eerdekens, M., Battisti, W. P., & Palumbo, J. M. (2007). A double-blind, placebo-controlled, randomized study evaluating the effect of paliperidone extended-release tablets on sleep architecture in patients with schizophrenia. *International Clinical Psychopharmacology, 22*(5), 299–308.

Lemoine, P., Nir, T., Laudon, M., & Zisapel, N. (2007). Prolonged release melatonin improves sleep quality and morning alertness in insomnia patients aged 55 years and older and has no withdrawal effects. *Journal of Sleep Research, 16*(4), 372–380.